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TITLE: PROGRAM, PROCESS AND
APPARATUS FOR SLEEP
CONTROL
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INVENTOR-INFORMATION:

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ABSTRACT:

PROBLEM TO BE SOLVED: To derive a comfortable waking feeling by awaking a user during an REM sleep.

SOLUTION: A controller 401 deriving sleep cycle (sleep patterns) peculiar to a user based on the REM sleep after analyzing brain wave data collected by an electroencephalograph 207 from a user under sleeping in a bedroom 1001 is included and the controller 401 sets a rising time based on optimal sleeping hours in an alarm clock device 206 provided on the bedroom 1001 after computing the optimal sleeping hours for awaking during the REM sleep based on a sleeping hour upper bound beforehand established by the user and the sleep cycles.

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